

# Feeling safe at home



Thinking about feeling safe at your home

This booklet was made for people who were part of the Feeling Safe, Acting Safe research project in 2011.

Thank you to everyone who was a part of this project. We were proud to work with you.

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If you think this booklet is useful, please copy it for a friend.

We would like it if you let them know where it came from.

If you would like to find out more about the project, you can email Sally at [sally.robinson@scu.edu.au](mailto:sally.robinson@scu.edu.au)

## What is feeling safe at home?

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Feeling safe means different things for different people. Some people say that feeling safe feels like

- no-one is going to hurt you
- people care about you
- you know the rules
- you have a say in the way things happen
- people listen to you
- people will help you if you have a problem



### **There are lots of different kinds of safety:**

Being safe in your body

Being safe in your relationships

Being safe in your heart

Being safe with your services

Being safe with your medicine

Being safe in the way you are helped if you get angry

Being safe with your money

This book talks about all these kinds of safety.

It also talks about what feelings you may have if you are not safe.

At the end of book, there are some ideas for getting help if you don't feel safe.

## Feeling safe physically

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This sort of safety is about how you feel in your body.

Some examples are things like:

- Feeling like your home is looked after so you won't hurt yourself (like if there are broken steps and you fell down).



- Feeling sure that no one will hurt you at home (people you live with, people who work with you, or people who come to visit).



- Feeling sure that no one will break into your home (and that you can lock up if you want to).



## Feeling safe in your relationships

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This sort of safety is about feeling safe with the people who are important to you.

These people are often

- your family
- your friends, and sometimes
- people who work with you  
(like case workers or support workers).



Feeling safe means that

- You feel like you can say 'no' to things if you don't want to (like you don't have to hug someone if you don't want to).
- You can be close to some people, and not so close to others (for example, you might really love your Mum but not feel so close to your housemate).
- You feel like you can say 'no' if you don't want to do something 'sexy'.



## Feeling safe in your emotions

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This sort of safety is about feeling safe in your heart.

Sometimes people get called names that hurt their feelings, or they get ignored, or treated like they don't matter.



To be safe in your home, you need to look after your emotions – the way you feel in your heart. Other people too need to look after them too.

Feeling safe this way means that

- People treat you like you are important
- They treat you like your feelings matter
- They listen to you if you have a problem, and try to help you fix it
- They talk to you nicely, and with respect



## Feeling safe and your disability support needs

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To feel safe at home, some people with disability have to think about some extra things that other people don't always have to think about.

Things like making sure that :

- Your medicine is right for you
- Any treatment to help you with your behaviour is fair to you
- The rules where you live aren't too tough
- Your money gets looked after properly

### Feeling safe and medicine

- It's important that you get the right medicine, if you need it.
- It's important too that you don't get too much medicine, or have to take it too often. This can make you sick.



### Feeling safe and behaviour

Sometimes a person needs help when they feel angry. This might be called 'time out' Sometimes a person is held down. These things are called restrictive practices. There are rules for staff about when and how they can do these things.

- It's important that you (and your family) know what these rules are too. Then you can understand what it means.



## Feeling safe and the rules where you live



Most people have some rules where they live. The rules are often about how to share out the house work – like, who puts out the bin, or who cooks the meals.

In services, rules are often called policies. They help staff know how to do their jobs.

Sometimes, there are a lot of rules where people live. The rules do not always work to keep them safer.

For example, in some houses there is a rule that says you can't complain about a problem unless you write it down in a letter. That is not fair if you are not a good writer.

Rules should help you to be safer, not make it hard for you to be safe.

- If you live in a group home, or get support from a service, they should explain their rules in a way that you can understand.
- To be safe, you should be able to complain about a problem without having to write it down.
- You should be able to keep your complaint private.
- You should have a say in making the rules where you live.

## Feeling safe and your money

If you need help to look after your money, there are rules for how this is done. If you use a service, the people who help you to manage your money have to keep track of how your money gets spent.

Even if you get help with your money, it's still your money, and you can know about how it is spent.



Your money should be kept somewhere safe, where no-one can steal it. Your ATM card should be kept somewhere safe too, and the PIN number should be kept private as well.

## How do you feel if you are not feeling safe?

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If you don't feel safe, you might not feel good. You will probably feel like you have got a problem.

There are few different ways you might feel about your problem.

You might feel:

Worried



Confused



Sad



Angry



Depressed



It's important not to keep your bad feelings to yourself. Tell someone.

There are people who can help you to get safe at home.

Think about who you trust in your life. Who has helped you with problems before? Can you talk to them about this problem?

See the next page for some more ideas if you have a problem about your safety.

## If you don't feel safe, who can help you?

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If it's an emergency, and you think you might get hurt, call the police on 000



If it's not an emergency, but you're worried, you can call your local police station and talk to the police there.

Your local police station phone number is \_\_\_\_\_.



**Who else can you talk to if you don't feel safe at home?**

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(some ideas - someone in your family; a support worker you like and trust; a friend; your doctor; a teacher)